

PHYSICAL EDUCATION

2013-2014

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Office Location: Room 46/Men's Coaches Office

Office Hours: 1:45-3:10

COURSE DESCRIPTION

This course is designed to introduce students to a large number of individual/dual sports, team sports, and a variety of fitness training. Safety, sportsmanship, and appreciation of skills and fitness will be stressed. Activities will include but are not limited to: football, volleyball, tennis, badminton, basketball, baseball, soccer, golf, archery, bowling, and others.

PREREQUISITES AND OUTCOMES

Middle School P.E.

ESSENTIAL LEARNINGS

1. Students demonstrate competent skills in a variety of physical activities and sports.
2. Students demonstrate competency in physical fitness.
3. Students demonstrate the knowledge of factors important to participation in physical activity.

WEBSITE

<http://bvecchio.mssd14.wikispaces.net/>

<http://www.quia.com/pages/bvecchio10/physicaleducation>

CURRICULUM

SPORT/GAME DAYS

During a typical week, Monday/Wednesday/Friday will be activity days. Activity days may include cardiovascular conditioning/plyometrics/agility as well.

WEIGHT TRAINING/FITNESS DAYS

During a typical week, Tuesday and Thursday will be weight-training days. Most weight training is done on an individual or partner basis. Some days may include crossfit work or group training. Students are graded on keeping accurate log sheets, effort and demonstrating improvement.

GRADING SCALE

LETTER GRADES

100-90 A

89-80 B

79-70 C

69-60 D

59 AND BELOW F

GRADING REQUIREMENTS

1. The points earned for the quarter will determine a student's grade. Points will be earned for proper dress and participation in all activities. This includes all aspects of the warm-up and remaining active the whole period. Students are expected to complete **ALL** weight lifting exercises in a class period. There also may be quizzes and assignments posted on the class Quia website.

2. Students are allowed one free no dress in the quarter. If it is not used, it may be counted as extra credit.

3. Dress points will be determined as follows.

0 days missed for dress = A

1 days missed for dress = B

2 days missed for dress = C

3 days missed for dress = D

4 days missed for dress = FAILURE FOR THE QUARTER

4. If a student is dismissed from class three (3) times for lack of participation or effort it will constitute a non-dress and a grade deduction will occur.

MAKE UP (HABITUALLY ABSENT)

1. A written summary of any sports article from a newspaper or magazine will earn 5 points. The summary should be at least ½ page in length and either include a copy of the article or the author, source and date of the publication.

Make up points must be completed by Friday of the week following that in which they were missed to get credit. If you are out sick or have a planned absence, you know what needs to be done to make up for missed points. It is the responsibility of the student to earn required points. Every student in the class can earn a good grade by participating each day and making up points for missed classes.

CLASSROOM CONDUCT AND GUIDELINES

All School rules will apply in addition to the following:

PROPPER DRESS FOR CLASS

1. A complete change of athletic clothing must be worn, including t-shirt or sweatshirt, shorts or sweatpants, socks and tennis shoes. No jeans shorts, ragged,

cut-off or torn shorts will be permitted. No school clothes should be worn over or under physical education clothes.

2. A dress deduction will be given to a student NOT having tennis shoes to wear. Tennis shoes should be tied before class and remain tied during the class period.

3. Classes may be held outdoors in the fall and spring. Be prepared daily with a jacket, sweatshirt and/or sweatpants.

4. No jewelry should be worn during class since it can pose a safety hazard.

LOCKERS AND LOCKER ROOMS

1. One small locker in the physical education locker room will be assigned to each student. During class, the lock should be put on a large locker with all belongings locked inside. After class, physical education clothes must be locked in the small assigned locker.

2. The physical education locker room is the only one that may be used unless you participate in a school sport during this class.

3. A combination lock will be provided (no key locks will be allowed) and the teacher will record the combination.

4. No sharing of lockers will be permitted.

5. Once class begins, no student will be allowed back into the locker room without permission from the teacher.

6. Valuable belongings (jewelry, purses, wallets) must be locked in a locker during class. Leaving valuables lying around is only inviting theft. The physical education staff will not be responsible for lost or stolen articles.

CLASS EXPECTATIONS

1. Students will be given five minutes after the tardy bell rings and five minutes at the end of class to change clothes.

2. No food or drink is to be consumed in the gym.

3. All students will remain in the commons until the bell rings to end the period and they are dismissed. Violations result in a detention.

4. Any injuries or emergencies must be reported to the teacher during the class period so the proper action can be taken.

5. No student may ever leave the class, gym or locker room areas without permission from the teacher.

6. Abuse, destruction or misuse of physical education equipment will not be tolerated. Obscene language, gestures, harassment or disrespect will not be tolerated.

PARTICIPATION EXCUSE

1. A student well enough to be in school is generally well enough to be dressed and participating in class. Any exception to this will be handled on an individual basis.
2. A note from a parent is required to excuse a student due to injury or illness. It will be accepted for a maximum of three consecutive days. To be excused longer than three days, a doctor's note is required.
3. Any student with excessive absences from school will be required to make-up the points to get credit for classes missed.

MEASURING GROWTH

1. In accordance with SB-191, we will use various testing modalities to demonstrate both physical and cognitive improvement throughout the semester. Testing possibilities may include: resistance exercises, skills, cardiovascular/speed/agility exercises and/or quizzes.